



AN OVERVIEW OF THE my Moola PROGRAM

The my Moola program consists of two components: Personal Development and Financial Literacy.

The two components are woven together throughout each of the ten workshops. Each workshop contains case studies, activity sheets, interactive tasks and group discussions.

The focus for each workshop is described below:

Workshop One: **VISION**

Introduces the notion of creating a personal vision for the future and setting financial goals as part of that vision.

Workshop Two: **CHALLENGES**

Exposes some of the beliefs and habits that can become obstacles for people as they attempt to achieve their life goals.

Workshop Three: **TOOLS**

Examines how we respond to stressful situations and the impact this can have on us achieving our goals. The workshop also examines the influence of mindsets on our behaviour and provides tools for use in overcoming some of the barriers to success.

Workshop Four: **MANAGING**

Explores some of the things that influence people's attitudes to money. The workshop also shows how to make sensible spending decisions and how to begin budgeting.

Workshop Five: **FAMILY**

Explains how making a budget can be a good way to track money coming in and going out of the family purse.

Workshop Six: **FUTURE**

Describes how to open an account and some of the different ways that money can be organized to suit a person's particular needs. The workshop also explains some non-bank, long term investments including property and superannuation that can provide for future financial well-being.

Workshop Seven: **YARNING**

Discusses different challenges and opportunities that occur in the local context and shares stories that can add to the group's understanding of financial management. A guest speaker may be invited to address the group if appropriate.

Workshop Eight: TECHNOLOGY AND CREDIT

Explains Internet and Phone Banking and the advantages and disadvantages of different ways of paying bills. The workshop also discusses mobile phone debt and describes some of the important things that people need to know about using credit cards including fees, charges, credit limits and Credit Reports.

Workshop Nine: LOANS

Describes some of the differences between borrowing money from fringe-lenders or from banks. Also explains the risks of relationship debt and provides information about what could happen if debt becomes unmanageable. Two case studies show the value of goal setting and budgeting and some of the pitfalls to look out for when buying a car on finance.

Workshop Ten: WHAT'S NEXT?

Reviews the overall program with an emphasis on group discussion about what has been gained and/or learnt and what new behaviours have been adopted by participants. The workshop will explore how participants might move forward from here and what vision they now have for their financial future.